

# EVERY SINGLE DAY

- . Fat Less Than 1/3 of Calories
- . Saturated Fat Less than 10%
- . Cholesterol Less Than 300mg
- . Eat More Whole Grains
- . 5 or More Fruits & Vegetables
- . 30+ Grams of Fiber
- . Sodium Less Than 2500mg
- . Reduce Sugar
- . Exercise 20+ Minutes